

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Crispy Corn & Cashew

Nutrition Facts

6 Servings Per Container

Serving size (3 TBSP) 30g

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.5g **7%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 130mg **6%**

Total Carbohydrate 13g **5%**

Dietary Fiber 2g **7%**

Total Sugars 2g

includes <1g Added Sugar **2%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 1.1mg **6%**

Potassium 110mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.

Ingredients:

Honey Sesame Chips: enriched flour (unbleached wheat flour, malted barley, flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid), soybean oil, sesame seeds, honey coating (sucrose, wheat starch, honey), bulgur wheat, tack blend (maltodextrin, xanthan gum) salt, turmeric (color), beet powder (color), **Toasted Corn:** corn, palm oil, salt, **Almonds:** canola oil, salt, **Cashews:** canola oil, salt, black pepper, garlic, onion, lemon peel, bell pepper, herbs, maltodextrin and zanthan gum.

CONTAINS: ALMONDS, PEANUTS, SOY, WHEAT

Manufactured on equipment that processes peanuts, tree nuts, milk, soy, wheat and egg products. May contain stems, shell, pit and/or seed fragments.

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Spicy Chili Wasabi

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 8g	10%	Total Carbohydrate 15g	5%
Saturated Fat 1g	6%	Dietary Fiber 2g	6%	
<i>Trans</i> Fat 0g		Total Sugars <1g		
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%	
Sodium 240mg	11%	Protein 4g		
Vitamin D 0.2mcg 2% • Calcium 30mg 2% • Iron 1.1mg 6% • Potassium 120mg 2%				

5 servings per container
Serving size
30 g

Calories 210
per serving

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Peanuts: canola oil, salt, Rice Crackers: glutinous rice, soy sauce (water, soybean, wheat), sugar, sesame see, seaweed, chili, Sesame Sticks Cajun: enriched wheat flour (unbleached wheat flour, malted barley, flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid), soybean oil, sesame seeds, bulgur wheat, cajun seasoning (salt, spices (includes paprika for color), dehydrated onion, Torula yeast, green bell pepper, dehydrated garlic, cocoa powder (processed with alkali), paprika oleoresin (color)), salt, beet powder (color), turmeric (color), BBQ Corn: corn, palm oil, sweet barbeque flavoring, Wasabi Peas: green peas, modified corn starch, corn starch, sugar, sea salt, soybean oil, wasabi, FD&C Yellow #5 & Blue #1.

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, MILK, SOY, WHEAT AND EGG PRODUCTS.
MAY CONTAIN STEM, SHELL, PIT AND/OR SEED FRAGMENTS.

CONTAINS: PEANUTS, WHEAT, SOY